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U. S. DEPARTMENT OF AGRICULTURE

Vitamin B

In the Diet

Effect of Vitamin B on Growth and Health



Diet adequate except for vitamin B



Vitamin B added to the same diet

Litter mates of the same sex, 8½ weeks old. Weight of smaller, 31 grams; of larger, 123 grams. Note the rough fur, lack of vigor, and stunted growth of the smaller rat

RATS THREE-FOURTHS ACTUAL SIZE

Some Common Sources of Vitamin B



Asparagus
Beans, dried and fresh
Brains
Cabbage
Carrots

Cauliflower
Celery
Cowpeas
Egg yolk
Fish roe

Grapefruit
Kidney
Lemons
Lentils
Whole-grain products

Lettuce
Liver
Milk
Nuts
Okra

Onions
Oranges
Parsley
Parsnips
Peas

Potatoes
Pineapples
Rutabažas
Spinach and other greens
Tomatoes

NUTRITION CHART 8

Bureau of Home Economics
UNITED STATES DEPARTMENT OF AGRICULTURE